

Guest address: 30 years of NZ Transplant Psychology. Te ako mai i nga wa o mua ki te haere whakamua

The past 30 years have seen rapid advances in many medical treatments and complex surgical procedures, unimaginable decades ago. Alongside this has been the equally rapid advancement in the understanding of how psychological, behavioural and cultural factors contribute to physical health, illness, and healthcare. Psychologists in NZ Heart/Lung Transplant Service, during these 30 years, have seen over 1,000 patients supporting them and their whānau to adjust and make sense of their symptoms, illness, and transplant. Pertinent psychological issues will be described from research and clinical experience to increase the capacity for psychologists to positively influence patients' futures, or anyone else going through challenging health issues. Issues will include: dispelling transplant myths, assessment of suitability, reducing distress, managing PTSD, dealing with post-transplant adherence, and enhancing positive life growth.



Liz Painter has been a clinical psychologist since the mid 70's and employed by ADHB for nearly 40 years in physical health/medical services with extensive experience in the delivery of psychological services in a variety of settings. These have included Child Development and Women's Health as well as her current specialist area with Heart and Lung Transplant and Cardiac patients. She is particularly interested in improving patient outcomes by building patient resilience, improving adherence to treatment regimens and addressing PTSD associated with critical health event trauma.

As well as her clinical roles, she has previously been Physical Health Psychology Professional Leader at ADHB. She has held senior lecturer positions at the University of Auckland, both the Faculty of Education and Social Work and the School of Medicine. She continues to hold an Honorary Senior Lecturer position at the Medical School. She has provided training and supervision to many Psychologists, Medical, Nursing and Allied Health professionals.

She has had many publications and is an invited speaker and presenter at many national and international conferences. Liz has served on many professional organisations with most recently being the NZ/Psychology representative on the working group of the International Society for Heart and Lung Transplantation to establish the recommendations for the psychosocial evaluation of adult cardiothoracic transplant candidates and candidates for long-term mechanical circulatory support.(published may 2018).